HELP WANTED
Bakery needs your family recipes for Canada 150
metroNEWS

Ottawa metro

Food that makes you happy

metroLIFE

Your essential daily news | WEDNESDAY, JANUARY 4, 2017 | High 2°C/Low -13°C More snow

Paramedics piece nights back together

NEW YEAR'S

When you can't recall how you got from party to hospital bed

Haley Ritchie
Metro | Ottawa

Many people ring in the new year with friends, resolutions and toasts; others can't remember what they did.

Ottawa Paramedics spokesperson J.P. Trottier said every year the organization receives between three to five requests from patients who request an incident report to try to piece together what they did.

"It's not a big number, but it certainly indicates the level of abuse — drinking or drugs or a mixture of both," said Trottier.

"They wake up in the emergency room, the nurses or doctors will inform them that they were brought in by paramedics hours before," he said.

Trottier said there are likely a few cases where people had their drinks spiked, while in other cases excessive drinking and drug use led to 911 being called.

Patients can request any available information from their medical chart, which is recorded by paramedics for hospital staff.

"We sometimes have limited info, but if we arrive somewhere and there's a person unconscious, typically someone else called for them," said Trottier, who added that person can usually provide some context for the amount of drinks consumed or drugs.

"For some of them we can get a pretty good picture. Sometimes that doesn't happen, sometimes it does," he said.

WELCOME TO CANADA

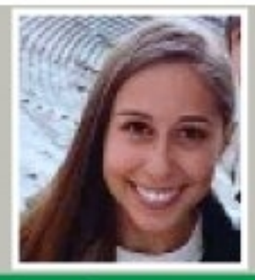
2017's newest citizens take their oaths where the first oaths were taken

metroNEWS

From left: Marvin Rivera, Maria Rivera, Andrew Rivera and Oludunni Adeyefa take their oaths Tuesday. RYAN TUMILTY/METRO

metro NEWS

Your essential daily news



Canadian woman reportedly dead in Italian hiking incident. **Canada**

New *type* of inclusion

DIVERSITY

Canada 150 font celebrates our indigenous heritage, too

Dylan C. Robertson
For Metro | Ottawa

An Ottawa-born man is behind the chunky typeface that has Canada 150 projected onto Centre Block, stamped onto balloons and printed on signs across the country and he insisted indigenous languages be represented.

"It's great to see people using it," font designer Ray Larabie told Metro from Japan, where he now lives.

He created the typeface for free, and says he included indigenous characters despite a bureaucracy that raised some initial concerns.

Larabie, who moved to Japan eight years ago, calls his typeface "a geometric font with a lot of human angles to it," with slightly wobbly circles, retro-style pointed angles and a low x-height, meaning that lower part of a lowercase h and the bar of a capital A hang quite low.

Heritage department officials asked Larabie for a font similar to another he'd published for free usage, Mesmerize.

It took him about a month to complete the requested English and French sets.

But as first reported by the blog Canadian Art, Larabie also volunteered to include indigenous syllabics, a set of letters that missionaries created for languages like Cree and Inuktitut.

"I just thought immediately, that doesn't include everyone," he said.

Ray Larabie's Canada 150 font used on celebratory balloons in Ottawa. TORSTAR NEWS SERVICE. Below: The Canada 150 font used to write the phrase 'One language is never enough' in both indigenous syllabics and English. CONTRIBUTED

He claims bureaucrats welcomed the idea but warned him it would be politically explosive if he accidentally forgot a single language's letters. They said he could proceed if he took the flack for any errors.

The heritage department wouldn't confirm or deny this account, but touts the font as "a symbol of our commitment to inclusivity."

It took Larabie an extra three weeks to create the indigenous set, which involves 10 key geometric shapes that are rotated in different angles and have accents added to them.

That proved challenging, because his typeface uses thicker vertical lines than horizontal.

"It was mostly me going over and over, trying no to make a mistake," said Larabie, who ended up spotting an error in the international Unicode database. For years, a Cree letter resembling an S had been standing upright in all digital usage, when it's supposed to be lying on a side.

Since June, the symbol has been corrected in updated software.

He plans to do more fonts for indigenous languages, saying all existing ones look "old-fashioned."

For him, including these languages in more digital uses "is so easy to solve, because the technology's all there."

Meanwhile, Larabie said he gladly made the typeface for free. He knows graphic designers called the government's 2014 contest for the Canada 2017 logo "exploitative" for only paying its winner, but he disagrees.

"It always frustrates me to not have Canadian fonts used on a Canadian project," he said. "Free fonts have been around for over a decade now."

The heritage department will let anyone use the typeface, but only after they submit an application outlining its use.

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(One language is never enough)

PUBLIC SAFETY

Beware thin ice: Police

Haley Ritchie
Metro | Ottawa

Police are warning winter sports enthusiasts again to stay off the ice — as thick snowfall entices people onto lakes and rivers in Gatineau and Ottawa.

On 11 a.m. Monday two snowmobilers, age 40 and 36, became stranded on a small island in the Blue Sea Lake area near in west Quebec. The men were travelling on ice when they realized it was getting thinner; it broke as they tried to turn around.

A third man, 55, attempted a rescue on his snowmobile with an inflatable buoy, but also ended up on the island after landing in the cold water. The men tried to return to shore, but ended up stranded again.

It took 30 people on the shore to help first responders rescue the men. Two were taken to hospital in non-life-threatening condition.

Quebec Police spokesman Marc Tessier said the two men were very lucky and should have stayed off the ice.

"We promote the old saying as often as possible, 'No ice is safe ice. It's always use at your own risk," said Tim Krause, president of Ottawa's Carleton Regional Snowmobile Club.

Carleton Regional doesn't have many water crossings on their trails, so Krause said the club doesn't tend to direct people on the ice. The club offers lessons to new drivers, including a prep course on safety and how to obey trail rules.

"We hope people use some common sense," he said.

"I know everyone is anxious to get out, we had a bit of a weak snow year last year in eastern Ontario so people are anxious and want to get going.

"But everyone needs to consider the terrain they're driving on and use at their own risk if they're going on the ice."

> **We hope people use some common sense.**
> Tim Krause

ECONOMY

Ottawa condo revival a no-go for 2017: Experts

Although the city's glut of unsold condos is easing and local realtors reported a jump in November sales compared with a year earlier, Ottawa real estate experts don't see a great condo comeback on the horizon in 2017.

The number of unsold condo units dipped over last year according to the Canadian Mortgage and Housing Corporation and the Ottawa Real Estate Board reported its members had sold 16 per cent more condo units in November 2016 than in the same month a year earlier, prompting new board president Rick Eisert to declare that the local condo market "appears to be on the rise."

While there does indeed seem to be a bit of a thaw in the condo market deep freeze, it will likely be a while before sunny days are truly here again, many observers say – and it definitely won't happen in the next 12 months.

"That market is still overbuilt," argues John Herbert, the executive director of the Greater Ottawa Home Builders' Association.

The overall numbers on condo construction in Ottawa seem to bear out Herbert's prediction.

According to CMHC, there were 583 new condo starts in the city in the first 11 months of 2016, down from 776 over the same period a year earlier.

Part of the reason for that decline is the rise in the number of projects purposely designed for the rental market over the past couple of years, says Claridge Homes vice-president Neil Malhotra.

"There was a period where the condo market got really hot because it was being a little bit fed by a marketplace that was buying units to rent them out," said Malhotra. "That sort of changed. You're just seeing the purpose-built rental markets being built now by developers." DAVID SALI/ OTTAWA BUSINESS JOURNAL

529

The total number of unsold condo units in Ottawa in November compared to 699 unsold units in February, according to the Canada Mortgage and Housing Corporation.

THE FRASER CAFE

Happy staff key for biz

Craig Lord
Ottawa Business Journal

Few industries rely on happy workers like restaurants.

Ross Fraser runs the Fraser Café, Table 40, The Rowan and a new line of frozen foods in Fraser at Home with his brother Simon. He says keeping a growing staff happy is the meat of good business.

Growth has been steady and constant for the Fraser brothers. The Fraser Café began as a small, 27-seat restaurant with about 15 employees.

Now, at its 7 Springfield Rd. location, almost 40 employees work to serve customers in the eatery, which features 66 seats and private dining at

> **As soon as you start thinking of a new place, you have to start thinking about the people behind it.**
> Ross Fraser

Table 40, the result of acquiring a next-door convenience store. Meanwhile, almost 20 employees work at The Rowan, a brother restaurant in the Glebe. With all of this expansion, building and maintaining a reliable staff became increasingly important.

"As our team kept building, we realized that each one of these staff, they make such an impact, such a difference, to the atmosphere," Mr. Fraser says.

In a people-focused and labour-intensive industry, Mr. Fraser says managers must balance the demands on workers with consideration. To this end, Fraser Café staff have group meals twice a day to come together and decompress.

He tells all new staff that every time-off request will be honoured. He recognizes it's a luxury as he has enough staff to handle such a rotation. He makes it a priority, though, seeing it as a way to recognize that workers do have lives outside of the kitchen.

"When you expect so much from your staff, you have to realize it's a trade," he says. "That's just one way we can thank our staff."

Relying on his people became even more crucial when The Rowan opened in 2015.

It's lights out for Fresco Bistro Italiano on Elgin

RESTAURANT

Closure announced Tuesday

Haley Ritchie
Metro | Ottawa

Fresco Bistro Italiano's Elgin Street location, as well as its adjoining cocktail lounge The Guest Room, are both closing on Thursday.

"I have mixed emotions about it," said co-owner Jim Bickford. "I'm looking forward to some change and to see what the future has in store but at the same time it's hard to give up a winning hand."

The closure was announced Tuesday on the restaurant's Facebook page. The restaurant was established in 1991 and Jim Bickford took ownership of the restaurant with his brother, Matt Bickford, in 2005.

Bickford said rising rent costs, hydro and competition were all factors, but he said the closure is a "happy ending" because the lease was able to be sold to an unnamed Toronto franchise.

> **It was a great time. I learned a lot about business, about myself and I made some really great relationships over the years.**
> Jim Bickford

"It's definitely getting more difficult to operate a restaurant in this city," said Jim Bickford. "Especially with the amount of restaurants that have been opening up and foot traffic being spread over multiple areas."

Earlier in the year the second location in Kanata was also closed.

Bickford said he'll miss his customers, especially the regulars. He said he has fond memories of seeing children grow up in the restaurant and seeing the engagements and marriages of couples who first met at Fresco.

News of the closure brought on an outpouring of sadness from former diners. Dozens commented on the Facebook post expressing their disappointment and reflecting on their memories at both the bistro and cocktail lounge.

These closures are the latest in a bad year for businesses on the stretch of Elgin Street on either side of Waverly Street. Maxwell's, just down the road, closed just over a year ago and has since replaced by Pure Kitchen. Boushey's Fruit Market, a family-run operation since 1946, also closed down this summer after 70 years in business. WITH FILES FROM THE OTTAWA BUSINESS JOURNAL

Co-owner, Jim Bickford, behind the bar in Fresco Bistro on Elgin Street. HALEY RITCHIE/METRO

KANATA EXTENSION

Gatineau mayor mulls over LRT connection to Ottawa

Dylan C. Robertson
For Metro | Ottawa

Gatineau's mayor says a Light Rail Transit line could connect both sides of the Ottawa River.

In a year-end interview with Radio-Canada, Mayor Maxime Pedneaud-Jobin said the biggest problem faced by the Société de transport de l'Outaouais (STO) is poor transit connections with the Aylmer district.

"There are studies that have been done for the future high-speed link, whether it's an LRT, bus, all that. We are doing this and we are moving towards a solution," Pedneaud-Jobin said.

He noted this could be achieved through a proposal by Hull-Aylmer MP Greg Fergus for an LRT that extends Ottawa's existing O-Train over the decommissioned Prince of Wales railway bridge. Last month, Ottawa South MP David McGuinty told Metro that regional MPs meet regularly to discuss ideas like an interprovincial LRT. "The river just isn't that wide," he said.

But the only environmental assessment for a possible LRT extension that Ottawa has announced involves Kanata, which wouldn't start construction until 2031.

CHARGES

Police raid another marijuana dispensary

Ottawa Police have raided another medical marijuana dispensary and are again informing the public the operations are illegal.

Last Friday, police executed a warrant at a dispensary at 274 Montreal Rd. and arrested two individuals.

Their names are not being released in order to protect an ongoing investigation police said, but they have been charged with trafficking in a controlled substance.

Police seized marijuana and a variety of other products from the store as well as an undisclosed amount of Canadian currency, cellphones and scales.

Last November, police raided seven dispensaries operating in the city.

On Tuesday a police news release said they would continue to investigate the facilities. METRO

First ceremony recreated

NEW CANADIANS

Pays homage to swearing-in of 'citizen number one'

Ryan Tumilty
Metro | Ottawa

The first new Canadians of 2017 took their oath at the Supreme Court on Tuesday, recreating the first ever citizenship ceremony that took place there 70 years ago.

Citizenship Minister John McCallum was on hand to help swear in 26 new citizens from all over the world. On Jan. 3 1947, the very first Canadian citizenship ceremony took place with then Prime Minister William Lyon Mackenzie King taking the first oath.

"Citizenship ceremonies are always special, but this one in particular because here we are in the Supreme Court and 70 years ago today Mackenzie King was citizen number one," said McCallum.

A new Canadian takes a flag from Citizenship Minister John McCallum after being sworn in on Tuesday. RYAN TUMILTY/METRO

Prior to 1947, Canadians were considered British subjects with no separate Canadian citizenship.

Marvin Rivera, who took the oath alongside his wife Maria and son Andrew, said it was a great honour.

"It's like graduating from something to another level," he said.

> **We now have more rights in our country.**
> Marvin Rivera

Rivera and his family came to Canada from the Philippines four years ago and said he always wanted to become a citizen.

"It makes a lot of sense. It's very significant because we now have more rights in our country," he said.

Oludunni Adeyefa came to Canada from Nigeria four years ago before becoming a citizen Tuesday.

She said it feels like she is now fully participating as a Canadian.

"It means a lot to me. It's taking full responsibility for becoming a Canadian," he said.

McCallum told the new Canadians that it didn't matter how long they have been Canadians — they become full citizens with the same rights as everyone else the moment they take their oath.

He said the anti-immigrant rhetoric that has become prominent in the United States and other western democracies would not be welcomed in Canada.

"Canada embraces diversity full stop, regardless of what is happening in the rest of the world," he said.

McCallum said Canada would continue to be a welcoming place for immigrants and he hoped more would choose Canada.

"Our doors are open, not to the whole world, but to a good number of people."

HOME INVASION

Armed suspect sought

Haley Ritchie
Metro | Ottawa

Ottawa police are asking for help seeking a suspect after an armed break-and-enter in Nepean.

On Dec. 30 around 1:20 a.m., a woman was confronted in her home on Longshire Circle after a man entered through an unsecured entrance.

The children in the home were unaware of the incident.

Police said a man between the ages of 30 and 40 approached the woman inside her house and pointed a handgun at her. The man demanded the woman drive him to the bank and withdraw money.

After getting the cash the woman drove back towards the home and exited her vehicle with no injuries.

Police describe the suspect as an obese white man, standing approximately five foot nine inches with a deep voice.

Anyone with information is asked to call Ottawa police at 613-236-1222, ext. 2655.

ANIMALS

Wildlife enthusiast spots shy fisher on snowshoeing hike

Dylan C. Robertson
For Metro | Ottawa

An Ottawa hiker spotted some elusive wildlife on a lucky hike Monday, putting him up-close with a fisher.

"It was on my bucket list," said Justin Hoffman, a freelance outdoor photographer. "I've seen them, captured them on my trail camera before, but this was incredible."

Usually a metre long, fishers resemble slender cats with bear-like heads, and belong to the same family as weasels and skunks. These mammals prefer roving dense forest floors at twilight, which is why Hoffman was stunned to see one perched up a tree.

"I glanced over my left shoulder, it was basically snoozing and sunning itself."

Hoffman works overnight, but the unseasonably warm weather convinced him to forgo sleep for some snowshoeing in Ottawa's greenbelt.

"When you see something like that you just forget about how tired you are," said Hoffman.

He shot a video of the fisher nervously wagging its tail before settling down for a nap, which quickly became a hit in the Ottawa Field-Naturalists' Club's Facebook group. But Hoffman won't say on which NCC trail he found the fisher, fearing a crowd would disturb it.

Hoffman spotted the fisher up a tree. The animals are rarely seen during daylight hours. CONTRIBUTED

"That's the responsible thing to do," said Michael Runtz, who has taught Carleton University's natural history course to 40,000 students. He said fishers aren't rare, but they are shy.

"To see one in the daytime is a pretty fortunate thing," Runtz said. "A lot of the mammal predators are forced to hunt in the daytime as well as night, because food is hard to find."

Canada: home, sweet home

BIRTHDAY BASH

Bakery's tasty treats celebrate each province and territory

Yvette d'Entremont
Metro | Halifax

A bakery in Halifax, N.S. has hit on a tasty way to celebrate Canada's 150th birthday.

For each month of 2017, the Old Apothecary will feature classic desserts from each Canadian province and territory.

People are being encouraged to share their favourite recipes that best capture the regional flavours of the parts of Canada they love in return for a gift card and public acknowledgement.

First up for the month of January is Newfoundland and Labrador. Desserts from that province will be served starting Wednesday. Partridgeberry squares and snowballs are just two of the Newfoundland-inspired items that will appear on the menu over the next month.

Laura MacLeod will bake treats each month of the sesquicentennial. JEFF HARPER/METRO

Owner Laura MacLeod said she baked up the idea for a Canada-themed 2017 on New Year's Eve while thinking about changes to her menu.

She asked people via social media to send in their favourite recipes from across Canada, and so far she hasn't been disappointed.

"Out of the gate people were saying 'I love this idea.' It was fun to see immediately what came in and to realize I knew absolutely none of the recipes that were coming in," she said.

"This is going to be a great way to learn about the baking history of Canada and what it means province by province. I just thought it would be fun because I know what my grandmother's cookbook looks like, and I'm sure that everybody's got one."

Although she still hasn't mapped out which provinces are being represented when, Quebec is happening next month to take advantage of its renowned maple syrup.

"I'm going to cherry pick Nova Scotia's so that we get our strawberry shortcake, so we'll get strawberry season," she said.

"I'm going to try to pay attention to seasonality as much as possible. I realize that's a tricky thing to do in Canada."

With 10 provinces and three territories to cover over the year, MacLeod said she may have to squeeze two territories into one month.

Although she's still ironing out the finer details, MacLeod's excited about the initiative and is encouraging people to start sending in their favourite recipes representing all of Canada's provinces and territories.

"We know people from Nova Scotia are from everywhere because we talk to them everyday. We have Newfoundlanders, we have people from Quebec, from Ontario, from B.C., Alberta," MacLeod said.

"I'm really excited about learning. I think there will be a lot of that happening for many of us this year."

TAKE PART

Send submissions to info@theoldapothecary.com.

TRAGEDY ABROAD

Ontario woman killed in Italy

A young Ontario woman who had recently moved to Europe with her fiancé died on New Year's Day after falling off a mountain path during a hike near the Italian-Austrian border.

Chelsea Rebecca Alvarez was hiking on Jan. 1 in a mountainous area in the South Tyrol region of northern Italy, when she reportedly slipped off a path and fell onto rocks in a valley below, local media reports said.

The 24-year-old died instantly, the reports said, and rescue teams recovered her body from the area.

Those who knew her said Alvarez had moved to Italy about six months ago with her fiancé, Colin Behenna, a former Ontario Hockey League player who signed a deal to play for the Sterzing Broncos team based in northern Italy.

Many Canadians have died abroad in recent days. Here is a list to remember them:

1. **Clinton Munkittrick** of Sherbrooke, Que. died in Thailand after a New Year's Eve party on the island of Koh Phangan, according to Global Affairs Canada. A news outlet said there were high waves during the event.
2. **Alaa Al-Muhandis** of Milton, Ont. was killed in the New Year's attack on an Istanbul nightclub. Media reported that Al-Muhandis was a 29-year-old mother of two.
3. **A 10-year-old girl** died Christmas Eve after falling ill aboard a transatlantic Air Canada flight. The Toronto-to-London flight diverted to Shannon, Ireland, after the child suffered a medical problem.
4. **Linda Vatcher,** 62, of Corner Brook, N.L., was killed Dec. 18 during a shooting ambush in Karak, Jordan.

THE CANADIAN PRESS

MAIL

Identity theft on the rise

Kevin Maimann
Metro | Edmonton

Ignore your mailbox at your own peril. Canadians are having their identities stolen at record rates as they leave important envelopes piling up in front of their doors. The Canadian Anti-Fraud Centre (CAFC) is reporting that it received seven times more complaints of mail-forwarding fraud in 2016 than in 2015.

"People aren't paying too much attention to their mail anymore," said Lisanne Roy Beauchamp, with CAFC.

A perpetrator of mail-forwarding fraud will impersonate their victim using stolen information lifted from physical mail or through online and phone scams, and have the victim's future mail re-routed to a different address. The victim won't realize they have been targeted until they get a slip in the mail from Canada Post saying their address has been changed. The centre received 479 complaints of forwarded or re-routed mail in 2016, compared to 63 complaints in 2015.

SCIENCE

Study sheds light on gambling addiction

Wanyee Li
Metro | Vancouver

Gambling addicts' brains light up in the same way drug addicts' brains do when they are shown images of slot machines, according to a new UBC study.

Participants in the study showed increased activity in the brain's reward network, particularly the insula, which is responsible for bodily sensations, including cravings.

"This region responds to any type of reward. Its the same for food reward or financial reward, or if people take a drug," said lead author Eve Limbrick-Oldfield.

She says this finding could help rehab centres measure the effectiveness of treatments — something that is currently difficult to do because feelings of craving can be subjective.

"The higher they reported their craving when they saw these gambling images, the more insula activity increased," said the UBC psychology researcher.

"This biological marker is a really great way of measuring if a treatment is reducing a craving."

This concrete connection between gambling images and a reaction in addicts' brain shows how dangerous advertisements can be for those trying to kick the habit, she said. Limbrick-Oldfield used photos of slot machines, horse-racing posters and lottery cards in the study, but says TV commercials are likely even more effective in triggering cravings.

"They involve sounds, movies, and they really are very exciting and highlight the gambling machines." It may be time to consider an outright ban on gambling advertisements, she said.

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Nearly 7,000 Iraqis killed

MIDDLE EAST

2016 casualties 'have to be considered a minimum:' UN

Violence claimed the lives of at least 6,878 civilian Iraqis last year, the United Nations said on Monday, as the Iraqi government struggles to maintain security and to dislodge Daesh militants from areas under their control.

The UN Assistance Mission for Iraq, known as UNAMI, said its numbers "have to be considered as the absolute minimum" as it has not been able to verify casualties among civilians in conflict areas, and of those who lost their lives due to "secondary effects of violence ... due to exposure to the elements, lack of water, food and health care."

UNAMI said in a statement that 12,388 other civilians were wounded in 2016. It added that last year figures didn't include casualties among civilians in Iraq's western Anbar province for the months of May, July, August and December.

At least 7,515 civilians were killed in 2015, UNAMI reports.

The monthly UN casualty report for December 2016 showed that a total of 386 civilians were killed and another 1,066 were wounded. The worst affected area was the northern province of Ninevah, where government forces are fighting to retake the Daesh-held city of Mosul, with 208 civilians killed and 511 injured. Baghdad came next with 109 killed and 523 injured.

Daesh has claimed responsibility for a string of bombings in Baghdad that have killed more than 50 people in the last week.

The deadliest Daesh attack was in July when a massive suicide bombing in a bustling market area in central Baghdad killed almost 300 people, the bloodiest single attack in the capital in 13 years of war.

"This is, no doubt, an attempt by Daesh to divert attention from their losses in Mosul and, unfortunately, it is the innocent civilians who are paying the price," Jan Kubis, the special representative of the UN Secretary-General for Iraq, said in the statement.

The group was also behind Monday's suicide bombing in a commercial area in eastern Baghdad, which killed 41 people and wounded 64 others. Several other attacks, including one carried out by five suicide bombers against two police stations in the city of Samarra, north of Baghdad, killed at least 27 people and wounded 89.

Backed by the U.S.-led international coalition, Iraqi government troops and paramilitary forces launched the campaign in mid-October to dislodge Daesh from Mosul — the last major Daesh urban bastion in the country.

THE ASSOCIATED PRESS

A displaced Iraqi from Mosul's eastern neighbourhoods arrives with his daughter to the Al-Quds neighbourhood.
AFP/GETTY IMAGES

ALL PHOTOS CONTRIBUTED

RESCUE

Toddler saves twin brother

A 2-year-old boy in Utah was caught on a nanny cam saving his twin brother by pushing a fallen dresser off him. The boys' mother, Kayli Shoff, tells KUTV-TV that she didn't hear the dresser falling and only saw what happened on video.

1 Two-year-old toddler twins play around by dresser.
2 The dresser suddenly falls on one of the twins.
3 The other twin bravely manages to maneuver the dresser off his brother.

THE ASSOCIATED PRESS

MORE ON THE METRO APP

COLOMBIA

UN envoys blasted for party with rebels

United Nations observers are in hot water in Colombia over a video showing them dancing with leftist rebels while deployed to watch over the guerrillas as part of a peace deal.

The short video was shot by Spanish news agency EFE from inside a jungle camp in northern Colombia during a New Year's Eve party. It shows two men wearing blue vests with UN insignia dancing hip-to-hip with female guerrillas.

The images, dismissed by some as a folkish display of Colombians' love for revelry in even the most adverse circumstances, drew sharp rebuke from opponents of the peace deal between the government and the Revolutionary Armed Forces of Colombia.

"What a joke," conservative lawmaker Maria Fernanda Cabal blasted out on Twitter. "How can we trust in the UN delegates' impartiality when they go partying with the FARC?"

> **How can we trust the UN delegate's impartiality?**
> Maria Fernanda Cabal

The UN mission in a statement late Monday said it would take appropriate measures.

"This behaviour ... doesn't reflect the values of professionalism and impartiality of the mission," it said without identifying the officials by name.

In New York, UN spokesman Stephane Dujarric said Tuesday, "They're not happy with what they've seen and corrective action has been taken." He did not elaborate.

As part of a peace deal ratified last month hundreds of UN-sponsored observers, mostly from Latin America, are being deployed across the country to 20-plus camps where guerrillas will soon turn over their weapons.

The UN mission is charged with receiving the weapons and providing periodic reports on the two sides' adherence to the peace deal. THE ASSOCIATED PRESS

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MARKETING

U.S. CONGRESS

Republicans drop plans to gut ethics board after Trump tweet

The new GOP era in Washington got off to a messy start Tuesday as House Republicans, under pressure from President-elect Donald Trump, abruptly dropped plans to gut an independent congressional ethics board.

The dizzying about-face came as lawmakers convened for the first day of the 115th Congress, an occasion normally reserved for pomp and ceremony under the Capitol Dome. Instead, House Republicans found themselves under attack not only from Democrats, but from their new president, over their secretive move Monday to neuter the independent Office of Congressional Ethics and place it under lawmakers' control.

GOP leaders scrambled to contain the damage, and within hours of Trump registering his criticism on Twitter, they called an emergency meeting where House Republicans voted without opposition to undo the change.

The episode, coming even before the new Congress was convened and lawmakers were sworn in, was a powerful illustration of the sway Trump may hold over his party.

"With all that Congress has to work on, do they really have to make the weakening of the Independent Ethics Watchdog, as unfair as it may be, their number one act and priority," Trump had asked over Twitter Tuesday morning. Trump, said the focus should be on tax reform and health care.

THE ASSOCIATED PRESS

BRAZIL

Inmates involved in prison massacre to be transferred

Brazilian authorities said Tuesday inmates responsible for the recent killings of 60 rivals at two prisons in the Amazon region will be transferred to high security federal institutions. Amazonas state public security secretary Sergio Fontes said the transfers will begin as soon as investigations into the incidents are finished.

The incident was the most deadly in a Brazilian prison since 1992.

THE ASSOCIATED PRESS

A year's pay by yesterday

EXECUTIVE COMPENSATION

Top CEOs have made average worker's 2017 pay already

Before lunchtime Tuesday, Canada's highest-paid CEOs were projected to earn as much as the average working person does all year, says a report released by a think tank that tracks executive compensation.

The Canadian Centre for Policy Alternatives estimates this year's elite group of chief executive officers will earn the average, full-time Canadian wage by 11:47 a.m. on Jan. 3, the first working day for many Canadians. Last year, it would have taken until 12:18 p.m., the report said.

Hugh Mackenzie, a Toronto-based economist who wrote the report, said the clock analogy is a powerful way to illustrate a widening gap between what top executives get paid and what average Canadian workers earn.

"That serves as a very potent symbol, I think, of the growth of income inequality," Mackenzie said.

Mackenzie, who is also a research associate with the Canadian Centre for Policy Alternatives, said one problem with huge CEO paydays is that they are often based on stock grants and stock options that may encourage short-term thinking.

He said the trend toward higher executive compensation has been fairly consistent in recent years regardless of economic cycles and shareholder attempts to get more say on what companies pay their CEOs.

THE CANADIAN PRESS

> **That serves as a very potent symbol, I think, of the growth of income inequality.**
> Hugh Mackenzie

TECHNOLOGY

Future of stores looks like science fiction

Tomorrow's retail stores want to take a page from their online rivals by embracing advanced technology — everything from helpful robots to interactive mirrors to shelves embedded with sensors.

The goal: Use these real-world store features to lure shoppers back from the Internet, and maybe even nudge them to spend more in the process.

Amazon's new experimental grocery store in Seattle, opening in early 2017, will let shoppers buy goods without needing to stop at a checkout line. Sensors track items as shoppers put them into baskets or return them to the shelf. The shopper's Amazon account gets automatically charged.

"Amazon, for good or bad, has been setting the path," said Robert Hetu, research director at Gartner Research. "Each retailer is going to have to respond in some way. But it's not one-size-fits-all."

Kroger, Neiman Marcus and Lowe's are among the companies already experimenting with futuristic retail stores. Robots, for instance, could help guide shoppers to the right aisle, while augmented reality apps could help you see how a particular shade of paint will look in the living room — or how you might look in a pair of jeans. Many of these technologies will be unveiled or demonstrated at the CES gadget show in Las Vegas, which begins Tuesday with media previews.

Plenty of retailers have learned through trial — and error — that technology can't get too far ahead of shoppers. It has to be easy to use and beneficial to shoppers in some way, whether it's to save time or money. If retailers get it right, they might succeed in boosting spending at retail stores at a time when consumers increasingly prefer to shop online.

THE ASSOCIATED PRESS

SoftBank Robotics' humanoid robot Pepper can greet shoppers and has the potential to send messages geared to people's age and gender through facial recognition.
SOFTBANK ROBOTICS AMERICA VIA THE ASSOCIATED PRESS

The 5-Second Dog Parka in action. CONTRIBUTED

CROWDFUNDING

Pet parka lets you dress your dog for the cold hassle-free

Colin McNeil
Metro | Toronto

A Toronto entrepreneur has created what he calls "the best and only dog parka you'll ever have to buy."

Jeremy Potvin's World of Angus company is crowdfunding what they are calling the "5-Second Dog Parka," a canine garment made from "your dog's perspective" that will keep Rover warm on those cold Canadian winter walks.

"In the winter, getting your dog into his jacket can be like getting a three-year-old in a snowsuit," says Potvin in a promotional video. That's where the parka comes in.

Filled with goose down, the jacket is water and snow resistant and purports to come in a size that fits any dog, big or small. The pet textile is made to easily slip over your best friend's head and is secured with Velcro, and it's designed and made in Canada.

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metro VIEWS
Your essential daily news
Wednesday, January 4, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

When a dinner guest sends a 'thank you' email and copies everyone on the list, how am I expected to respond?

Dear Ellen,

I sometimes take people to lunch, and they always thank me. Some of my lunch guests follow up with "thank you" emails afterwards, which I find excessive. Am I supposed to email back and say "you're welcome"?

I also have a question about dinner parties. The day after I attend one, another guest will inevitably send a thank you note and copy everyone on the guest list. This sets off a long thread of thank yous, which I find very distracting and time-consuming, but I don't want to appear rude. What is the etiquette here?

Exhausted by emails

Dear Exhausted,

I think we're all exhausted by emails at this point. Unfortunately, some people don't know when to quit when they get into an email spiral of thanking hosts, complimenting each other, or accusing a presidential candidate of not using the right server. (I note with interest, by the way, that no one seems to give a smiling poop about Hillary's emails anymore. I guess they didn't fatally endanger the republic after all. Oh well!)

But when it comes to thanking someone for a meal, I have to say that I do approve of sending a formal email afterwards. If your guest sends you a quick "thanks for lunch" email, you don't have to respond, but an equally quick "my pleasure!" would not go amiss.

Group email rituals sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude.

As for a full-blown dinner party, if you've been to one, you must follow up with a thank you phone call or note regardless of email-chain hazards from other over-exuberant guests.

In the olden days, the day-after phone call was more common. And for some of us hosts, that day-long marathon of dinner-dissecting conversations was as pleasurable as the dinner party itself (sometimes even more so, truth be told). As a host, I've also been the delighted recipient of hand-written cards sent by post, and even, on occasion, a flower delivery.

Any of those approaches are still acceptable, but an email is also fine. Just be sure to take a few minutes to write a proper message with a compliment or two about the home, or food, or guest list, which is the least you can do after someone has slaved over a hot stove, or credit card, opened their home and lavished a free meal on you.

Regarding the post-dinner-party endless-email thread, believe me, I know how annoying it can be. As a writer with numerous writer friends, I've been subjected to group email rituals that sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude, witty retorts, double entendres, and jocular insults, veiled or otherwise.

If I'm not in the mood for all those shenanigans, I just send a separate, private email to the host(s), and ignore the endless email chain from everyone else. But I'd never tell anyone not to indulge — if you are in the mood, it's fun to keep the dinner party conversation going. And don't forget the host on the receiving end. The endless email chain is a ultimately testament to them, and they deserve every word of it.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Temporary foreign workers need same rights as citizens

They cook for us. They take care of our children. They pick the food that fills our kitchens.

Yet Canada's temporary foreign workers are required to stay that way — temporary — no matter how much they contribute or for how long they serve this country. Currently, it's a state of affairs that is ripe for abuse. The workers' rights are often curtailed because of their singular place in our system of labour and immigration. Abuse is far too prevalent.

Under the temporary foreign worker visa program, workers have little recourse to hold their employers accountable. The program precludes them from most employment standards laws: they cannot ask for breaks at work, they do not get holidays and are not paid for overtime.

For women, especially, the lack of protection is a clear and present danger. In 2015, a Mexican woman won a human rights tribunal case against Presteve Foods after enduring sexual harassment, solicitation and discrimination from her employer. Another woman was, according to CBC News, sent back to Mexico for refusing the same employer.

For migrant workers, the penalties are also financial. In Leamington, Ont., three men extorted money from workers by charging them a series of fees for accommodation, travel and procuring the work visas. The fees were in the thousands. The documentary Migrant Dreams by Min Sook Lee follows the migrants and their supporters as they work to put together a case against their extortionists.

Foreign workers have one more extortionist to worry about: the government of Canada. They are required to pay into Employment Insurance; however, they are not eligible to receive EI. When farmworkers are laid off at the end of each season, they do not receive any of EI's benefits or even a refund.

The problem is in the nature of the program. Defining whole groups of people as "temporary" makes them susceptible to these abuses. The federal government recently took a positive step by eliminating the "four-in, four-out" rule, which required foreign workers to leave or not work while in Canada for four years after four years employment within the country.

Workers who come to Canada to fill necessary gaps in a range of industries should be granted access to citizenship. The corollary to the generosity that led Canada to bring in 25,000 refugees is a fairness that says: if you serve the nation, you deserve a chance to be a part of it. In the hundreds of thousands of migrants who have come to Canada over the 40-plus years of the program's existence, we already have a pool of future citizens who are ready and willing to do the work of being productive Canadians.

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VICE PRESIDENT & EDITOR
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Beyonce, Radiohead and Kendrick Lamar have been announced as headliners for this year's Coachella music festival.

Food that makes you happy

RECIPE

Meals to help you eat well and feel well

This time of year is full of listicles and slide shows pointing out "superfoods" that people should be eating for a happier new year. A quick Google search for "foods that make you happy" yielded 13.5 million results ranging from raw nuts to kale and spinach to chocolate.

The foods listed are usually chosen for being high in a vitamin, mineral or amino acid that's vital for the body to function, though whether food alone can boost a person's mood hasn't been definitively proven in clinical studies. Heck, if kale alone could boost our moods we would all be chugging kale juice after the disastrous events of 2016.

"Food is complex and that's often forgotten," says Timothy Caulfield, professor and research director at the University of Alberta's Health Law Institute. "Food is made up of a ton of chemicals and that makes it tough to make definitive statements about foods producing a particular mood that's good or bad."

Still, Caulfield points out numerous studies done around the world that associate a healthier, balanced diet with a better mood — especially when that balanced diet also satisfies hunger (We all know from personal experience the idea of "hangry," a portmanteau of hungry and angry).

Here are three recipes to help you eat well — and feel well — in 2017.

Hotpot For One

Makes one serving

"If you are hungry you may have less concentration and get more angry easily," writes professor at U of T's department of Nutritional Sciences and Medicine David Jenkins in an email.

So how do you keep yourself full and focused?

Health Canada recommends filling half of your plate with veggies at dinnertime as a good guideline to ensure a balanced meal rich in nutrients and fibre, which keeps the stomach feeling satiated and your digestive system happy.

This warming bowl of veggies, tofu and buckwheat noodles in a spiced vegetable broth should help keep your stomach — and mind — happy.

Ingredients:

- 2 cups (500 mL) vegetable broth, plus more to boil vegetables
- 1/4 tsp (1 mL) soy sauce, or to taste
- 1/4 cup (60 mL) thinly sliced carrot
- 1 handful watercress
- 2 button mushrooms, thinly sliced
- 5 oz (140 g) extra firm tofu cut into small cubes
- 3-1/4 oz (90 g) soba noodles or your soup noodle of choice

Directions:

1. In a medium saucepan, bring vegetable broth to a boil. Add soy sauce. Add carrots, watercress, mushrooms and tofu. Add more broth if necessary to cover ingredients. Cook until vegetables are tender. Add noodles and continue to boil until just al dente.

2. Transfer to serving bowl and serve immediately.

BALANCED DIET
Numerous studies show North Americans eat too much salt, and not enough potassium. One banana has 422mg of potassium — that's 9 per cent of the amount needed per day.

Sunshine Chopped Salad

Makes one serving

If you've overloaded on salty turkey and ham over the holidays, your taste buds might crave something more acidic and bright such as zesty citrus fruits. Early explorers went through the same thing, although their situation was a little more extreme: their bodies were deprived of vitamin C after sustaining on nothing but dried meats, and they were suffering from scurvy.

Though scurvy is rare these days, a brightly coloured salad — with lots of texture, healthy fats, lean protein and tart acids — may help you feel more balanced. It also helps that we like to eat with our eyes and are drawn to colourful plates rather than a bowl of grey mush.

This take on the classic cobb adds chunks of oranges and subs in a lighter-tasting grilled chicken for bacon.

Ingredients:

- 4 oz (115 g) boneless, skinless chicken breast diced into 1-cm cubes
- Salt and pepper, to taste
- 2 cups (500 mL) chopped green leaf lettuce or lettuce of your choice
- 1 hard-boiled egg, chopped
- 1/2 avocado, seeded, peeled and diced
- 1/2 cup (125 mL) peeled and diced beet
- 1/2 orange, cut into segments with seeds, skin, pith and membranes removed
- Olive oil, to taste
- Balsamic vinegar, to taste

Directions:

1. In an unoiled skillet over medium high heat, sauté chicken until fully cooked and browned. Season with salt and pepper to taste. Set aside.

2. In a salad bowl, sprinkle chopped lettuce on bottom to form an even bed. Top with lines of chopped egg, avocado, beet, orange and cooked chicken. Drizzle with olive oil and balsamic vinegar to taste. Serve immediately.

Hot Chocolate Coffee

Makes one serving

The placebo effect of comfort food comes down to one thing: nostalgia. Caulfield says we associate certain food with memories — think chocolate with childhood birthday cake — and that's one reason why a square of the dark stuff can put a smile on your face, as it reminds us of all the good times experienced when chocolate was around.

The same logic applies to other comfort foods such as pizza, mac and cheese, cake — foods that people are more likely to have when they were children or during celebrations.

A dash of cocoa powder in your morning coffee might just hearken you back to snow days on your morning commute.

Ingredients:

- 1-1/2 cups (375 mL) freshly brewed hot coffee
- 1 tbsp (45 mL) unsweetened cocoa powder
- 1 tbsp (45 mL) granulated sugar
- 1 tbsp (45 mL) milk or cream

Directions:

1. Fill a large mug or pot with coffee and stir in cocoa powder, sugar and milk. If coffee isn't hot enough to completely dissolve cocoa powder, whisk everything together in a small saucepan over low heat.

2. Serve immediately.

TORSTAR NEWS SERVICE

RECIPE

Fruity, tangy salsa can help peel back those winter blues

Let some sunshine in with a twist of tangelo

RENEE ANJANETTE KALMAR / TORSTAR NEWS SERVICE

If you're snowbirding in Florida this winter, you'll probably come across the big round Honeybell tangelo, known for its deep orange colour and distinctive top knot.

Those of us left behind can soak up our vitamin C from its cousin, the Minneola tangelo, a cross between a sweet tangerine and a tangy grapefruit.

Though bred in Florida in 1931 and named for the city of Minneola, west of Orlando, it has a bold tart-sweet flavour and loads of juice — fantastic for making fruity drinks and cocktails.

A Minneola salsa works really well for chicken, fish or seafood. This sunny Sunkist salsa featuring Minneola tangelos starts the new year off on a light, healthy, spicy note.

Chicken with Minneola Salsa
Makes 4 to 5 servings.

Ingredients:

- 2 lb (900 g) boned, skinned chicken breasts

Salsa
- 2 Minneola tangelos, peeled and diced
- 1 cup (250 mL) diced tomatoes
- 1/3 cup (75 mL) diced white onion
- 1/4 cup (60 mL) Thai sweet red chili sauce
- 1/4 cup (60 mL) coarsely chopped fresh cilantro

Marinade
- 1 lemon, zest and juice
- 1 tbsp (15 mL) vegetable oil
- 1 tbsp (15 mL) Dijon mustard
- 1 tbsp (15 mL) minced fresh ginger
- 1 tbsp (15 mL) kosher salt
- Freshly ground black pepper to taste

Directions:

1. For salsa, gently mix Minneolas, tomatoes, onion, chili sauce and cilantro to combine. Set aside.

2. For chicken marinade, whisk lemon zest, juice, oil, mustard, ginger, salt and pepper in a large bowl. Add chicken and turn to coat on all sides. Cover and refrigerate at least 30 minutes or up to 1 hour.

3. Remove chicken from marinade and discard marinade. Heat skillet or grill pan on medium high and add 1 tbsp (15 mL) oil.

4. Cook chicken breasts without moving them for about 5 minutes, until underside is golden brown. Flip using tongs and cook on second side for another five minutes. Remove from heat and let sit a minute or two. The internal temperature should reach 165 F (74 C).

5. Plate chicken and spoon salsa over top.

TORSTAR NEWS SERVICE

LIQUID ASSETS PETER ROCKWELL

Resolve to embrace wizardry of Oz all over again

If you're still looking for a New Year's resolution, how about re-discovering the output from an established wine-producing country like Australia.

Once the leader of the New World wine revolution, Down Under has fallen off the radar of many aficionados as the juice of once-upon-a-time up-starts like Chile, California and, yes, even Canada has become cooler to drink.

Arguably the Aussies have been their own worst enemy, with many winemakers chasing the same flavour profile and the industry as a whole struggling to tell their story to consumers whose basic knowledge of the country is still gleaned from Crocodile Dundee.

While I could go on about the uniqueness of its growing regions and its innovative use of familiar grape varieties, for me the defining description of Australian wines is that they offer uncompromising value no matter how much they cost.

Hardy's Stamp Series 2015 Shiraz Cabernet ($9.95-$12.99) is a great example from the lower price range. Dry, dark and well-balanced, it's a solid re-introduction to Oz.

Prices reflect the range across the country. Some products may not be available in all provinces.

SEAFOOD STRIKE

Claws out over crab prices

Dungeness crab fishers from Northern California to the Canadian border are vowing to continue their strike over the purchase price.

Ken Bates, vice-president of Humboldt Fishermen's Marketing Association, says that as of Monday the Dungeness crab fleet is tied up from Morro Bay, California to Westport, Washington.

The strike started December 28 after Pacific Choice Seafood in Humboldt County, California, offered to pay $2.75 a pound for the tasty crustacean. Crabbers whose seasons had already opened had negotiated a price of $3 per pound.

Fishermen receiving $3 a pound say they won't let others receive any less for the wildly popular food.

THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Fast food sides

Your vegetable side dish could be serving you up more than you bargained for.

PICK THIS

Wendy's Rich and Meaty Chili (small)

Calories 170
Fat 5g
Saturated Fat 2g

SKIP THIS

Wendy's Bacon and Cheese Baked Potato

Calories 480
Fat 17g
Saturated Fat 8g

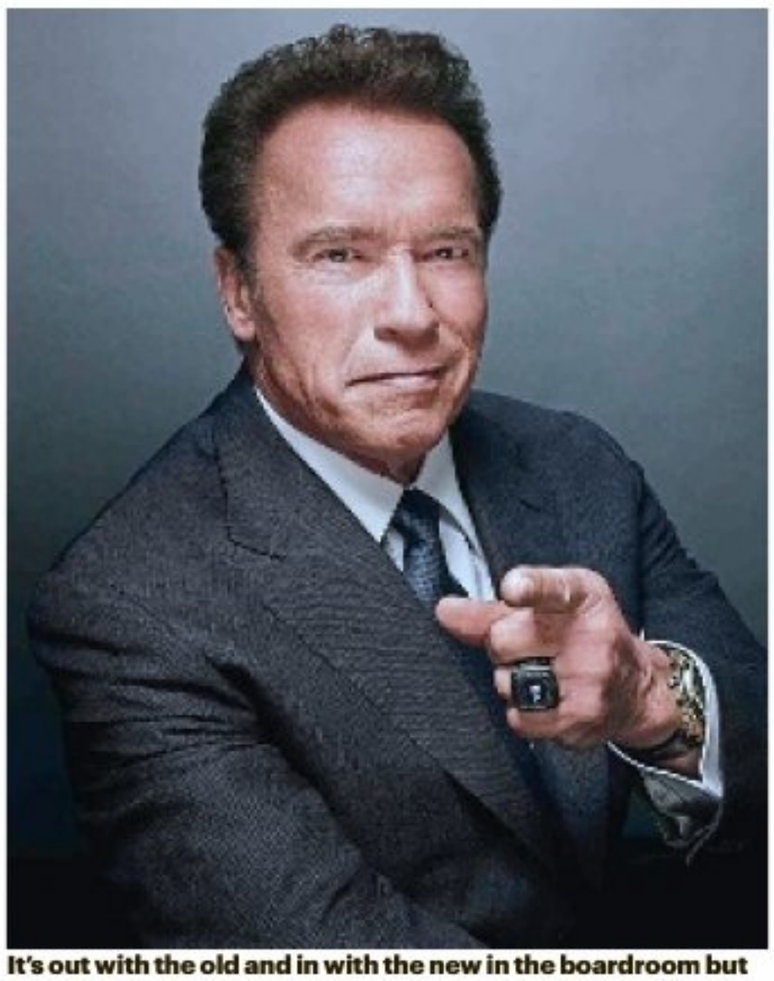
HERE'S WHY

Equivalent in calories to two hamburgers from McDonald's.

If you're looking for comfort food during the cold months, opt for the chili rather than a loaded baked potato. Bacon and liquid cheese are full of calories, fat and saturated fat, which overshadow the great nutrients of the potato. Chili fills you up more than the baked potato with the addition of beef and beans — and it has considerably less calories, fat and saturated fat.

JOHANNA SCHNELLER **WHAT I'M WATCHING**

'He's like a block of wood that's been taught to bark'



It's out with the old and in with the new in the boardroom but Arnold Schwarzenegger's German quips are about the only welcome addition to The New Celebrity Apprentice. HANDOUT

THE SHOW: The New Celebrity Apprentice, Season 1, Episode 1 (NBC)
THE MOMENT: Here's Schwarzenegger!

In the boardroom, two teams, including Porsha Williams (a Real Housewife of Atlanta whose many IMDB credits are all as "Herself") and comedian Jon Lovitz, face down their "boss," actor and former California governor Arnold Schwarzenegger.

"Jon, we know each other a long time," Arnold says. "But in here you call me Governor." Lovitz provides the appropriate "Boing!" reaction shot.

Porsha natters on about why her team lost. Arnold leans over to his "business adviser," his Munich-born nephew, Patrick Schwarzenegger, and growls, "She never stops talking" — in German.

At episode's end, he puffs on a cigar, indoors, breaking California law.

This is the "new" apprentice, and a few things are new. The host. The location, Los Angeles instead of New York. The catch phrase, "You're terminated," instead of "You're fired." (Arnold threw in an "Hasta la vista, baby," for added fun.)

Not new, however: the scraping of the bottom of the barrel for "celebrities" (half the cast come from other reality shows); the nepotism (Arnold's wholly-unknown nephew replaces Donald Trump's kids); the stilted boardroom "altercations."

You'd hardly call Arnold expressive in his acting career, and he's even less so here. He's like a block of wood that's been taught to bark. I do hope he makes those asides in German a regular thing, though; that was a real Dr. Evil moment.

Also not new: Though NBC fired Trump for his previous moral failings, he remains executive producer — one of the many conflicts of interests he's blithely unconcerned about fixing before he commandeers his new boardroom in Washington, D.C.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TELEVISION

Kelly leaves Fox News to join NBC

Megyn Kelly will host a talk show as part of her new role on NBC News. GETTY IMAGES FILE

Megyn Kelly, the Fox News star who's had a contentious relationship with President-elect Donald Trump, said Tuesday that she's leaving the network for NBC News, where she will host a daytime talk show, a weekend newsmagazine and contribute to breaking news coverage.

NBC News made the announcement Tuesday, ending months of speculation over whether she would re-up with Fox, where she has flourished while suffering bruised feelings in recent months, or start a new chapter in her career. Her contract with Fox expires this summer. It was initially unclear when she would leave the Fox airwaves and appear on NBC.

Kelly's departure deprives Fox News of its second-most-watched host, behind only Bill O'Reilly, and a hole at 9 p.m. in its prime-time lineup.

"While I will greatly miss my colleagues at Fox, I am delighted to be joining the NBC News family and taking on a new challenge," Kelly said in a message on Twitter on Tuesday.

Kelly became one of Fox's hottest properties and a flashpoint in the presidential campaign after Trump objected to her questioning in the first Republican presidential debate a year and a half ago. He tweeted angry messages about her and boycotted another Fox debate after the network refused to replace her as one of the debate moderators.

She also became a central figure in the downfall of former Fox News chief Roger Ailes, telling in-house investigators of inappropriate conduct by Ailes that supported women who had made similar accusations.

Details about Kelly's new jobs at NBC will be revealed in upcoming months, said Andrew Lack, chairman of the NBC Universal News Group.

THE ASSOCIATED PRESS

RIGHT-WING READS CAUSE UPROAR

Jones slams Milo book deal

Leslie Jones sees no excuse for giving a book deal to the far-right commentator and Breitbart editor Milo Yiannopoulos, who on Twitter last year so viciously harassed the Saturday Night Live and Ghostbusters star that he was banned from the social media site.

On Twitter Jones dismissed a statement from Simon & Schuster defending the widely criticized deal for Dangerous, a March release that has ranked high on Amazon.com since its announcement.

Responding to Simon & Schuster, Jones (pictured) wrote that "you still help them spread their hate to even more people."

THE ASSOCIATED PRESS

Mein Kampf tops the charts

An annotated edition of Mein Kampf, Adolf Hitler's notorious manifesto, has become a non-fiction bestseller in Germany.

News agency DPA reported that 85,000 copies of the book have been sold since it was first published a year ago. The 1,948-page book is titled Hitler, Mein Kampf: A Critical Edition.

It is published by the Munich-based Institute for Contemporary History, which spent years adding comments to Hitler's original text in an effort to highlight his propaganda.

Before it expired at the end of 2015, Bavaria's finance ministry had used its copyright to prevent the publication of new editions in Germany. THE ASSOCIATED PRESS

PRANK

Security out to stop a Hollyweed sequel

Hollywood turns to Hollyweed. GENE BLEVINS/AFP/GETTY IMAGES

Days after a prankster scaled a fence and altered the iconic Hollywood sign to read "HOLLYWeeD," the agency that maintains and secures landmark said it will explore boosting security.

Chris Baumgart, chairman of the Hollywood Sign Trust, said he plans to meet with police officials to be debriefed on the matter and explore ways to prevent similar acts.

"The surveillance system is like a chain," Baumgart told the LA Times. "The chain is only as good as its weakest link, so as we study this — the prankster coming in, how he (or) she slipped through — we will determine this week where the link was that was weak, then we will upgrade there."

Police began investigating after a person used giant tarps to turn two of the iconic sign's white O's into e's sometime on New Year's Eve or early New Year's Day.

The prankster, dressed in black, was recorded by security cameras and could face a misdemeanour trespassing charge, officials said Sunday. However, police have called off a search for suspects.

Investigators determined the sign had not been damaged, police spokesman Sal Ramirez said.

The person scaled a protective fence surrounding the sign above Griffith Park and then clambered up the giant letters to drape the coverings, officials said. In 2014, the city replaced an old T-bar gate with a wrought-iron fence to keep trespassers out of the park and away from the Hollywood sign at night.

In recent years, residents in adjacent Beachwood Canyon have pushed to close access to the sign. They complain that tourists, hikers and motorists clog the narrow, winding road leading to the sign.

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Lamborghini's Urus SUV to be brand's first plug-in hybrid

The best vehicle that FCA builds

REVIEW

Yeah, you read that headline right — this minivan rules

Craig Cole
AutoGuide.com

The Chrysler Pacifica minivan launched in 2016 replaced the long-running Town & Country nameplate. Despite riding atop an all-new platform and offering more features than ever, I must confess that my hopes weren't very high for this family hauler.

But as the old saying goes, "When you assume you make an ass out of you and me," I'm happy to report my fears were completely unfounded because this is the best vehicle FCA builds.

Let that soak in for a moment. I'm declaring that its latest minivan is better than the ever-popular Jeep Wrangler, stupid-fast Hellcat cars and even the 505-horsepower Alfa Romeo Giulia Quadrifoglio, which, admittedly, I've yet to sample. Yeah, you read that right.

Its body brings new style to a staid segment. Resembling a pumped-up 200 sedan, this minivan's bodywork has a sculptural elegance to it; a breadbox on wheels it most certainly is not.

Smoothly flowing lines fill this van's interior as well. Most of the Pacifica's cabin is made of hard plastic, but the graining is upscale and everything well built. No obvious fit-and-finish anomalies were spotted in my test model.

Pop open a sliding bin on the dashboard or centre console and they roll like they're on ball-bearing slides; their motion is eerily friction free, something that exudes quality.

The 2017 Chrysler Pacifica is built on an all-new architecture that's supposedly the stiffest and lightest in its class, attributes that contribute to the reduced intrusion of noise and harshness. While in motion, there are no jiggles or rattles to cheapen the experience. Everything is tight and solidly built; you can tell the people who screw it together in Windsor, Ont., really care.

Chrysler's ingenious Stow 'n Go second-row seats remain and are still a marvel of mechanical engineering, folding, tumbling and dropping into the floor with the simple pull of a strap. When people aren't on your manifest, the Pacifica offers nearly 3,993 litres of interior volume.

In their upright and locked position, those second-row seats are extremely comfortable, offering plenty of knee and headroom with a lower cushion that's nicely elevated off the floor.

The Pacifica is motivated by a familiar friend, FCA's versatile and refined 3.6-litre Pentastar V6. As smooth-running as ever, it sports a raft of enhancements for 2017 including two-stage variable valve lift and cooled exhaust-gas recirculation. A nine-speed automatic is the only transmission offered but don't worry, it's smooth and speedy, swapping ratios without any fuss, which is exactly the way it's supposed to function.

THE CHECKLIST | 2017 CHRYSLER PACIFICA

THE BASICS

Engine: 3.6-litre V6
Output: 287 horsepower, 262 lb-ft
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.9 city, 8.4 highway, 10.9 combined
Price: Starts at $45,740

LOVE IT

- Comfortable accommodations
- High-quality interior
- Powerful drivetrain
- Fuel efficiency
- Smooth ride
- Versatility

LEAVE IT

- Flat, lifeless front seats
- Gets expensive with add-ons

4 THINGS THAT MAKE THE TOYOTA TACOMA TRD PRO SPECIAL

The new 2017 Toyota Tacoma already sets itself apart with its unique off-road components, but let's take a look at exactly what makes the new TRD Pro different from the regular Tacoma. **STEPHEN ELMER/AUTOGUIDE.COM**

1 Unique suspension

The Tacoma uses a brand new set of Fox internal bypass shocks that are position sensitive, which allows for a tight setup on the road and a plush suspension that soaks up the bumps when you leave the road. New spring rates, specially tuned leaf springs, and a one-inch lift complete the package.

2 Heritage-inspired looks

Toyota knows that its special models should look the part, and this Tacoma doesn't disappoint. The heritage-inspired grille that reads 'TOYOTA' is a personal favourite, while blacked out, thick TRD Pro badges offer a tough look.

3 LED lights

To allow for some night-time adventures, Toyota teamed up with Rigid Industries, which installed a set of LED off-road lights on the front of the TRD Pro. They may look small, but they can pack a pretty good punch after dark.

4 There's a manual!

For those few looking specifically for a manual off-roader, Toyota has you covered, pairing the TRD Pro's 3.5-litre V6 with either a six-speed automatic or a six-speed manual. Best of all, the gate on the manual is fairly notchy, feeling good in your hand.

Obama's (motorcade) seat still available

TECHNOLOGY

Ford to debut driverless car

Ford is charging ahead in its goal to make a driverless car and will debut an updated version of its Fusion Hybrid development vehicle next month. Ford says the technology is getting closer to production levels and will debut next-generation updates for its driverless car at the Consumer Electronics Show in Las Vegas and at the North American International Auto Show in Detroit in early January.

JODI LAI/AUTOGUIDE.COM

COLLECTORS

$1M Hot Wheels collection — crazy or crazy cool?

Bruce Pascal is an American diecast diehard whose toy collection exceeds $1-million U.S. Recently profiled on Barcroft, Pascal admitted he has well over 3,000 Hot Wheels and that he is hoping to raise the profile of the collectibles, likening them to fine art rather than mere toys. Pascal says he'd like to one day open a museum dedicated to Hot Wheels.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

RANDOM

Pair of Obama's chairs can be yours

In what might be the most random slightly automotive-related thing to ever pop up in our inboxes, a pair of chairs from U.S. President Barack Obama's campaign motorcade are up for auction. The two chairs were personally used by the President during the 2008 presidential campaign and are expected to be sold for upwards of $6,000. The two chairs are embroidered with Obama's campaign logo, are pillow cushioned, and set on circular wooden swivel bases. "Obama's world essentially revolved around these two chairs," says a letter from Premiere Transportation, the company that rented the motorcade vehicles to the Obama Campaign. The letter goes on to say that President Obama conducted major campaign business from these chairs, and even took naps in them from time to time. JODI LAI/AUTOGUIDE.COM

FORD

First functional GT prototype up for auction

The very first brand new Ford GTs have just been delivered, but nostalgia for its predecessor is still strong, making this auction car a very special one.
The very first functional Ford GT prototype that was built in 2003 and was inspired by the legendary Ferrari-crushing GT40s that won Le Mans in the late 1960s is up for auction by Russo and Steele in Scottsdale. The car, nicknamed CP-1 for Confirmation Prototype 1, is the very first Ford GT prototype to be fully functional, meaning it was the first one with a working engine, drivetrain, and full interior.

JODI LAI/AUTOGUIDE.COM

etr SPORTS

The Vikings say the pair who hung from the rafters in protest of the Dakota Access pipeline entered U.S. Bank Stadium with tickets on Sunday

Sharpening Steel on fly

NFL

Pittsburgh reworks offence en route to AFC North title

Mike Tomlin doesn't remember the exact conversation. Alejandro Villanueva does.

The Pittsburgh Steelers were reeling in early November. Mired in a four-game slide filled with losses both heartbreaking and baffling. The talk of a seventh Super Bowl quickly took a backseat to far more pressing matters. Namely, would the Steelers get it right, and if they did, would they get it right in time to salvage a playoff berth?

Villanueva understood he was part of the problem. There were some blocking schemes the massive and massively thoughtful six-foot-nine left tackle couldn't seem to get right. So Tomlin and offensive line coach Mike Munchak got together and decided they'd seen enough, modifying some calls and ditching others altogether.

For Tomlin, it was just another adjustment in a series of them, the kind needed to deal with the ebb and flow of the four-month test of patience and resolve that is a typical NFL season. Not to Villanueva.

"You have to come up with a new offence," Villanueva said. "We had to come up with different plays, see who we had on our roster, accommodate to different runners and different receivers and that takes time. You can practise it all you want, but it's on Sundays where you can really get better. For myself, some of the protections I struggled with, we stayed away from. We got better as an offence."

One more predicated on hogging the ball and dictating the tempo with running back Le'Veon Bell than seeing if it could put the scoreboard on tilt. The result? Seven consecutive wins, an AFC North title and all the momentum it could possibly need going into a wild-card game against Miami on Sunday.

The Steelers celebrate a touchdown scored by running back Le'Veon Bell against the Ravens on Dec. 25 in Pittsburgh. The Steelers have reason to celebrate as winners of seven straight games heading into the playoffs. JUSTIN K. ALLER/GETTY IMAGES

> **You learn from your failures.**
> Steelers coach Mike Tomlin

Perhaps in a way it's fitting. Pittsburgh's malaise began on a muggy, one-sided 30-15 reality check delivered by the Dolphins on Oct. 16. Quarterback Ben Roethlisberger was off early, an issue that only exacerbated itself when he played on after tearing cartilage in his left knee in the first half. The running game mustered little. The run defence even less. And just like that, the swagger the Steelers played with during a breezy 4-1 start vanished.

"One of those weird days in football," guard David DeCastro said. "Sometimes you're going to have one of those weeks."

One followed by three more just like it.

"We need to be a better team at the end of the thing than we are at the beginning of the thing because that's just how it goes," Tomlin said.

Something the Steelers have been when December rolls around. Pittsburgh is 13-1 in regular season games played in December or January during their run to three straight post-season berths, the first time the Steelers have done that since reaching the playoffs from 1992-97.

They're heavy favourites to dispatch the injury-riddled Dolphins. Yet as distant as that forgettable afternoon in Miami seems, a glance at the tape this week is a reminder of just how quickly mojo can disappear.

"I think just the process galvanizes the group," Tomlin said. "You learn from your failures."

THE ASSOCIATED PRESS

NOTES

- Cincinnati Bengals cornerback Adam (Pacman) Jones was jailed early Tuesday, and faced assault, disorderly conduct and other charges.
- Ravens coach John Harbaugh will bring back offensive co-ordinator Marty Mornhinweg in 2017 despite Baltimore's struggles in scoring touchdowns.
- Brock Osweiler will start at quarterback for the Houston Texans on Saturday in their wild-card game against the Oakland Raiders.

WORLD JUNIORS

Canada coach: Pressure's on Sweden

Canadian coach Dominique Ducharme wants to see what Sweden is made of.

The Swedes didn't see much adversity as they rolled off five straight wins to start the world junior hockey championship, and Canada will be their biggest test yet when they meet in a semifinal on Wednesday night Montreal.

"It's one game and we'll be ready for it," Ducharme said Tuesday. "We can beat them.

Dominique Ducharme THE CANADIAN PRESS

"They're a good team. They showed in the last 10 years that they're really good in the first round but they have (found) ways to lose when things get tougher and we want to make it tough on them. We'll see how they react to pressure."

The winner advances to Thursday's final against either Russia or the United States at the Bell Centre.

The Swedes have emerged as a favourite with a highly skilled team led by a top line with Alexander Nylander and Joel Eriksson Ek, who both started the season in the NHL, along with gritty Carl Grundstrom.

But being good hasn't always translated into gold for the blue and gold. This year, they extended their streak to 40 straight wins in group stage games at the world juniors — 10 perfect 4-0 records in a row. But they have only one gold medal in 2012 to show for it. They settled for four silvers over that span and finished out of the medals the last two years.

THE CANADIAN PRESS

> **To be here now is satisfying, but it's not what we want. The gold medal is what we want.**
> Team Canada forward Mathew Barzal

SOCCER

Lawrence headed to France with PSG

After a stellar collegiate career and fine Olympic showing, young Canadian soccer star Ashley Lawrence is going to test herself against the best in Europe.

The 21-year-old fullback-midfielder from Toronto, who has 46 caps for Canada, has signed with renowned French club Paris Saint-Germain through June 2019.

Ashley Lawrence GETTY IMAGES

"Ashley is one of the most promising young players in the world under 22 years of age at her position," Olivier Letang, PSG's sports director, said in a statement. "It's very satisfying to see her sign for us looking to continue her development and show her talents to the Parisian fans."

THE CANADIAN PRESS

IN BRIEF

McDavid to captain Pacific Division all-star team

Edmonton Oilers forward Connor McDavid will serve as one of four captains at the NHL all-star game in Los Angeles this month.

McDavid led all Pacific Division players in fan voting, earning him the "C" for his division. The other division vote leaders were Pittsburgh forward Sidney Crosby (Metropolitan), Nashville defenceman P.K. Subban (Central) and Montreal goalie Carey Price (Atlantic). THE CANADIAN PRESS

PREMIER LEAGUE

Gunners fire back to salvage draw

Olivier Giroud headed a late equalizer after setting up two goals to complete Arsenal's second-half comeback at Bournemouth, salvaging a 3-3 draw for his side in an engrossing Premier League game on Tuesday.

Bournemouth stunned Arsenal in an electric 20-minute opening, with Charlie Daniel netting and Callum Wilson scoring a penalty. Arsenal's troubles on the south coast deepened in the 58th minute when Ryan Fraser put the ball through goalkeeper Petr Cech's legs.

But Bournemouth capitulated in the final 20 minutes, helped by being reduced to 10 men, with Giroud setting up Alexis Sanchez with a header and then teeing up Lucas Perez's volley in the 75th minute.

Arsenal missed a chance to regain third place from Manchester City, staying fourth in the standings.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Winter White Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've paired traditional spices with chicken to create this twist on a classic chili that still delivers on comfort and flavour.

Ready in 55 minutes
Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannelini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

2. Remove from pan and place on a plate. Set aside.

3. Sauté onions and garlic until they start to smell fantastic. Now add spices and let cook for a minute or two. Add beans, broth and mix in the chicken. Let simmer 20 minutes.

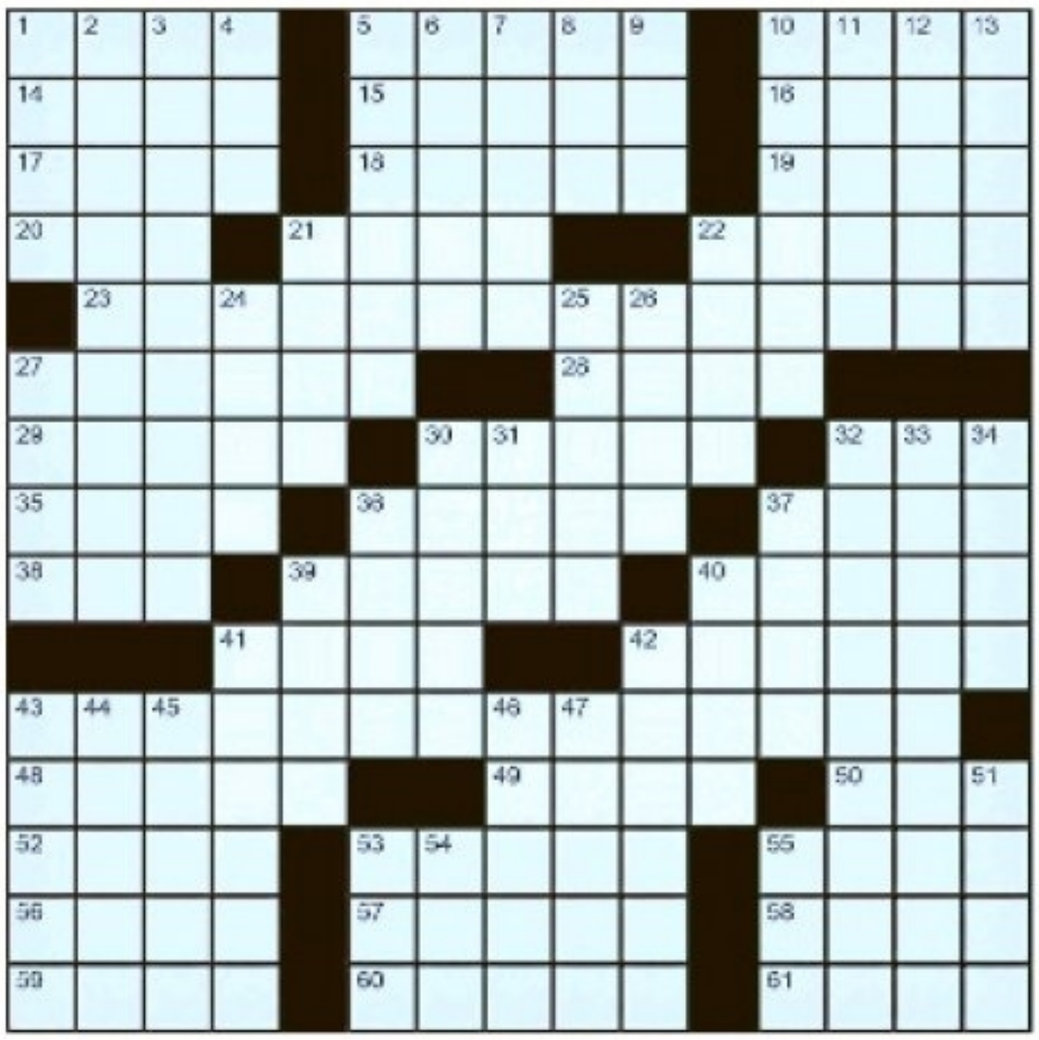
4. Turn heat down and stir in yogurt. Add lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

5. Serve with a good sprinkling of cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Twain-of-tunes' trophies, tiny-ly
5. Arlene and Roald
10. Web letter category
14. Nectar-y necklaces
15. The __ (Diner's daily order)
16. Yarn
17. French 101 verb
18. __ journalism (Reporting style popularized by Hunter S. Thompson)
19. Up to the task
20. URL's helpful area
21. Capital of Greenland
22. "Sky __" by Eric Burdon & The Animals
23. Recreational community of northwest Saskatchewan between Churchill Lake and Little Peter Pond Lake: 2 wds.
27. Sheep's coat characteristic
28. Stevie Wonder's "__ Made to Love Her"
29. High: Latin
30. Danny __ (Season 8 "American Idol" top three finalist in 2009)
32. Belonging to Winnipeg's prov.
35. Contends
36. Jimmies
37. #50-Across' casual opposite
38. "Layla" singer's initials-sharers
39. Drills and crowbars
40. __ Rica
41. Phonetic alphabet's last letter
42. Melting snow's state
43. Shots taken at the commencement of fitness overhauls: 2 wds.
48. Food-preparer's wear
49. Concrete hunk
50. "Uh-uh."
52. Sonic sound
53. Prefix with 'continental'
55. 'Snow house' in Inuktitut
56. Edge tool
57. Grinding tooth
58. Becomes
59. Visionary
60. Magical being in a John Keats 'Song'
61. Industrial city in Russia

DOWN
1. Music staff symbol
2. BMR = Basal __ Rate (Resting body's calories-burning expenditure)
3. Speaker's fingers-created marks indicating irony or sarcasm: 2 wds.
4. Opposite NNW
5. Sudbury-born hockey great Ron
6. Nary __ (Nobody)
7. Elvis: "A Big __ _' Love"
8. __-_-Boy (Reclining brand)
9. __-mo replay
10. Tiered steps
11. Mr. Picasso
12. Grant
13. Track events
21. Belonging to the Dallas Cowboys org.
22. Hope the heavens will hear
24. Wintertime wellness woes
25. Brand name running shoes
26. Venerations
27. Surfer's need
30. Band
31. Vinegar's salad pal
32. Courier
33. They create a spa-like experience: 2 wds.
34. Single-horse carriage
36. South __
37. Elton: "__ Song"
39. Swivel
40. Health __
41. 45-plus-people Canadian magazine
42. 1889 Vincent van Gogh painting, The __ Night
43. Rum cakes
44. Lyric†poem
45. Did this in the sub-zero weather
46. Basketry fibre
47. Well-defined
51. Shed the corn's shell
53. Global currency org.
54. Q. "Does 'B' come first?" A. "__, '_' does."
55. OneRepublic's "Wherever __"

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you make such a good impression on bosses, ask for what you want. They might say "no" — but then again, they might say "yes."

Taurus April 21 - May 21
Travel plans appeal to you now, because you need a change of scenery. Do whatever you can to get out of town, even if it's just a short trip.

Gemini May 22 - June 21
It's time to address red-tape details that we like to avoid. Get out those boring-looking papers and wrap up loose ends with taxes, debt, inheritances and insurance issues.

Cancer June 22 - July 23
Remember to get more sleep this month. Some of you have felt increased tension from encountering ex-partners.

Leo July 24 - Aug. 23
Continue to do whatever you can that makes you feel on top of your game. Make lists. Get up early. Try to be efficient and productive, because this is what will please you.

Virgo Aug. 24 - Sept. 23
This is a playful time! Lucky Virgos are on vacation. Perhaps you can be a tourist in your own city? The bottom line is to have fun and enjoy yourself.

Libra Sept. 24 - Oct. 23
Grab every opportunity to cocoon at home, because you need to buffer yourself from the busy world around you. Of course, your work continues to make demands of you.

Scorpio Oct. 24 - Nov. 22
You have a strong sense of wanting to talk to others or enlighten someone about something. This influence will help those of you who sell, market, teach, act or write.

Sagittarius Nov. 23 - Dec. 21
You're giving lots of thought to your earnings now, because you need the money in order to follow through on your plans. Many of you are renovating and redecorating where you live.

Capricorn Dec. 22 - Jan. 20
This is a strong time for you, which is why you need to make the most of it. Use the important contacts that come your way to push your own agenda forward.

Aquarius Jan. 21 - Feb. 19
Although you want to work behind the scenes and keep a low profile, you are focused on money and cash flow right now. Some kind of research will pay off.

Pisces
Feb. 20 - March 20
This is a popular time for you. Accept this and enjoy the company of others. In fact, your interactions with others will benefit you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6		2				7		8
	4			8			9	
		9	7	1	5	4		
		8	6		4	2		
	9	4				1	8	
		6	8		1	5		
		7	1	3	9	8		
	8			6			7	
9		3				6		5

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	9	3	1	8	4	7	2	5
2	1	5	3	7	6	8	4	9
4	8	7	2	5	9	6	3	1
5	3	6	4	1	8	2	9	7
8	7	2	9	3	5	1	6	4
9	4	1	7	6	2	3	5	8
3	5	8	6	4	7	9	1	2
7	6	9	5	2	1	4	8	3
1	2	4	8	9	3	5	7	6

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